

## INTERESTING PAGE FOR WOMAN AND THE HOME

Edited by  
Julia Chandler Manz**"MIRROR FAD" HAS  
A VERY GOOD SIDE**To See Our Expressions When We  
Are Off Guard Is Sometimes  
Good for Us.

By FRANCES SHAFER.

A "mirror fad"?

That sounds a bit foolish, does it not, a bit vain and several other things worse. But before condemning it as a fancy of the frivolous, learn what it is all about, and then pause and ask yourself how many folk you know—men as well as women—who would do well to make the fad their own. Because you see, it has something better than a vanity side.

At any rate, this is the way it worked in a single instance.

A young woman was following a homely task that did not please her at all, and she went about it with a protest in her heart and a well-defined frown on her face. She was quite conscious of the protest, but gave no thought to the frown; and it never occurred to her at all that her mouth had assumed such an ugly droop. But it chanced that her work led her past a mirror, and the faithful reflector showed her into asking herself if that was the way she looked when she was off guard and out of sorts. For her forehead was all screwed up in cross little puckers, her mouth was sadly a-droop, and her very eyes were belligerent and unsmiling. And she wondered—was it possible that any one ever caught her looking like that? And if they did, what must they think of the state of her mind?

She looked once, then she looked again, and again. And then she said to herself that that would never do, for if that was the kind of face she wore then, what must it be on the days when she felt very much worse?

Not All Vanity.

And indeed, it was not all vanity that made her declare that thereafter she was going to keep track of those speaking features whenever it happened that she faced an uncongenial task. So up went a mirror in the spot where the task was likely. And because she knew that it was not tasks alone that caused the disheartening frowns, the droops and the puckers, she set up a few other telltale mirrors that she might learn how she really looked in others when there was a bit of evil on within.

And to prove that it was not vanity that led to the mirror-fad she carefully refrained from hanging one up in the places where she was sure to be at her best.

Now, tell me, would it not be well if all of us had our mirrors—those who are quite immune from vanity and all foolish little poses, some who are not as well, and then just the same?

Because that young woman with her cross, sour looks is not the only one who has need of something sharp and true to bring an awakening. And doubtless if all of us realized how cross and sour we look when we look as cross and sour as we are, we would be ready enough to hang up the faithful little mirror-monitors to warn us whenever needed.

The fact of the matter is, the cross looks only make us feel all the worse; and they are largely a matter of habit.

Note Worried Faces.

Very frequently we hear folk say that they do not at all like the expressions on the faces they meet. They tell us to look about, on the street, on the cars, in great public places everywhere, and note the worried faces, the harassed, disappointed faces, the faces marked with traces of care, and most of all, the sour, cross faces that make everybody want to look the other way.

And we do look about at the men and women we meet, and as they run, they are not smiling, but at all. They look as if they were too busy to smile, too tired, too cross to smile, and we wonder what can the matter be?

But while we are busy looking about at others, more than half of us forget to hang up our own true little mirrors that will show us exactly as we look to others when we are lost in a maze of thoughts that may not be so very bright and happy.

Just from Selfish Angle.

Now, we may not be fine enough and brave enough to say to ourselves that the world has need of our smiling faces, and we will do our best to look as serene as we possibly can, for the sake of the effort it took.

We may not say that at all, may not be a bit selfish about the good of the rest of the world. But, but from our selfish viewpoint, how many of us would be pleased with the sour-faced man?

Yet, deeply immersed in thoughts or in work that may not be very cheery, it is rare enough to let our expressions follow our thoughts or our work that is quite useless. And a mirror here and there, wherever it was needed, would tell a surprising story.

Call it a foolish fad if we like, but smiling faces in this world of many frowns are mighty bright to have around. And if some of us guessed how we looked once or twice in a while, maybe we might run for our mirrors.

Concerning Mourning.

Ideas in regard to correct mourning have undergone many changes in the last few years. Today there is much more leniency toward those who wear in the past. With the exception of a few rules which should be closely adhered to, the period of mourning and its depth are really left to the whim of the individual.

It is no longer considered necessary to smother one's self in solid black, from head to toe. Much white is introduced in both first and second mourning, even the widow wears white these days. In fact, it is now not only good style, but very fashionable, to dress entirely in white, the all-white costume being quite as deep mourning as the black one this year.

To Flavor Potatoes.

To give potatoes a flavor, add half a teaspoonful of sugar, as well as salt, when boiling. This does not make them too sweet, but gives a delicious flavor.

To Beat Carpets or Rugs.

Put an old, discarded wire bed spring upon the ground and lay the carpet or rug to be beaten upon it. This keeps them off the ground, thus allowing the dust to go through the springs without setting on the other side of the rug, as in the case when it is put directly on the ground.

"I am an old man—and many of my troubles never happened."—ELBERT HUBBARD

THE white hair and wrinkled faces of our busy men and women tell of doubt, fear and anxiety—more than disease or age. Worry plays havoc with the nervous system—so that digestion is ruined and sleep banished. What oil is the friction of the delicate parts of an engine—

**DR. PIERCE'S**  
**Golden Medical Discovery**

is to the delicate organs of the body. It's a tonic and body builder—because it stimulates the liver to vigorous action, sends the stomach to stimulate food—thus enriching the blood, and the nervous and heart in turn are fed on pure rich blood.

"Medical Discovery" is liquid form has given great satisfaction as a tonic and blood maker.

Now it can be obtained in tablet form—from druggists in medicine or send 50 one-cent stamps for trial box. Write R. V. Pierce, Buffalo.

DR. PIERCE'S PLEASANT PINKETTES  
Relieve constipation, regulate the liver, and cleanse the blood. Easy to take and easy.

## LONDON

"Learn One Thing Every Day"

No. 2, TRAFALGAR SQUARE.

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It might be said that Trafalgar Square is the result of a "vision." It would be more correct to say that the career of Admiral Nelson was tremendously influenced by a sudden determination of will which throughout his life made him face danger without flinching, and led to the great victory that has given his name to this famous open spot of London.

Horatio Nelson was born at Burnham Thorpe, Norfolk, September 29, 1758, the son of the rector of that place. He received smattering of education at Norwich, Downham, and North Walsham, and in 1778, when only twelve years old, was entered on the *Raisonné*, of which his mother's uncle was commander. Voyages to the West Indies and to the Arctic regions gave him some experience of the sea, and when fourteen years old he went to the East Indies in the *Sashmere*. At the end of two years he was invalided home in a state of exhaustion. In his own words, this is what happened:



"After a long and gloomy reverie in which I almost wished myself overboard, a sudden glow of patriotism was kindled within me and presented my King and my country as my patron. My mind exulted in the idea.

"Well, then, I exclaimed, I will be a hero, and, confiding in Providence, I will brave every danger."

He afterward spoke of this inspiration as his "radiant orb," and it affected his whole life—became a lieutenant in 1777, in 1781 he led an attack on Turin Island, which was repulsed. In 1794 he lost his right eye at Calvi, and three

years later at Tenerife his right arm was so wounded that it had to be amputated. This year he was one of the heroes of the battle of St. Vincent when the Spanish fleet was vanquished. The following year he was sent to discover the purpose of a great French fleet forming at Toulon, and, after a long chase, found that they had gone to Egypt. The battle of the Nile destroyed the French fleet, and Nelson was looked upon as one of the greatest of naval heroes. It was in 1805 that the battle of Trafalgar was fought, between the combined fleets of France and Spain and that of England under Nelson. At its conclusion, Nelson was shot by a French bullet in the back, and died a few hours later.

The memorial to Nelson, which is the central monument in Trafalgar Square, on all sides except the one toward the Strand, is a masterpiece of sculpture. It is the work of the sculptor, Sir Edwin Landseer, and is a masterpiece of sculpture. It is the work of the sculptor, Sir Edwin Landseer, and is a masterpiece of sculpture.

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ADVENTISTS HEAR  
ELDERS' REPORTSTakoma Park Conference Re-  
ceives Information About  
Work Throughout World.

BUSINESS SESSION HELD

Educational Departments Show Large-  
ly Increased Enrollment of Stu-  
dents as Well as Resources.

Resolutions which, if adopted, would involve a change in the organization of the general conference, and which also involved the raising of \$10,000 per year for each member of the denomination, in addition to the regular tithe, were presented yesterday at the World's Conference of Seventh-day Adventists, which is in session at Takoma Park.

The resolutions affecting the organization resulted in the presentation of a memorial by the European members of the general conference committee. This memorial was presented at the fall session of the general conference committee last year, and by vote was referred to the present session of the general conference.

The memorial directs attention to the fact that for some time the need has been felt by the organizations in Europe of a connecting organization between the union conferences there and the general conference. It suggested the possibility of dividing the territory of the world into five or six divisions, each of which would not be presided over, as at present, by vice presidents of the general conference, but which would have their own constitutions, and would elect their own officers, especially their president, who would, by virtue of his office, be a vice president of the general conference.

The memorial also suggested the holding of a general conference every five years, instead of every four years, as at present.

Resolution is Referred.

On motion of Elder W. J. Fitzgerald, of London, England, president of the British Union Conference, the memorial and recommendations were referred to a special committee composed of the members of the general conference committee and the standing committees of the conference.

The report of the North American foreign department of the general conference was also presented to the conference yesterday by its secretary, Elder O. A. Olson, of Chicago. This department has charge of the work among the foreigners who have come to America by immigration. Speaking of the cities, he termed Boston an Irish city, Chicago a German city, New York a Polish city, and St. Louis a German city. New York is a Hebraic-German city, St. Louis a Bohemian city, and Chicago a Hungarian city. "A cosmopolitan race conglomerate," he said, "is the result of immigration. The United States was the greatest mission field on the globe, as all the people of the earth had their representatives here, and that the representatives of the world might be reached."

Elder J. F. Hafner, of Clinton, Mo., the superintendent of the West German division of the foreign department, presented his report, and Elder J. H. Schilling, of New York, presented the report of the eastern division of the foreign department. The Swedish division of the foreign department also reported through its superintendent, Elder Mortenson, of Chicago, as well as the Danish-Norwegian division through its superintendent, L. H. Christensen, of Minneapolis.

Jewish Division Reports.

At the afternoon business session of the conference the reports of the Jewish division of the foreign department, by its superintendent, F. C. Gilbert, of Boston; of the French division by its superintendent, G. C. Rosta, of South Lancaster, Mass.; of the Danish-Norwegian division, at Hutchinson, Minn., by its superintendent, M. L. Anderson; of the Swedish division, at Broadview, Ill., by its president, Elder J. H. Schilling; of the German division, at Clinton, Mo., by its president, Elder J. F. Simon; of the Russian division of the foreign department, by Elder A. O. Olson, of Chicago; and of the Department of Education of the general conference by its secretary, Prof. H. R. Salisbury, of Takoma Park, were presented.

The report of the educational department, Professor Salisbury said that during the last four years the enrollment at Seventh-day Adventist academies had increased from 4,321 to 8,256, and that in the same period the colleges and academies had increased their resources from \$1,339,421 to \$2,981,238. During the four years there has also been rapid increase of the denominations' mission schools in foreign lands, the number of students increasing from 2,771 to 8,639. The total enrollment of all denominational schools—elementary, mission, and advanced—was said to be 36,000.

Trinity College Commencement.

Mrs. Bonzano, apostolic delegate, will open commencement exercises at Trinity College June 1, with solemn pontifical high mass. Exercises will be held on Thursday, June 6. The Cecilia Society will hold a concert Monday, June 3; the Dramatic Society will present "Ingomar" on Tuesday; class day exercises and a meeting of the alumni society will be held on Wednesday, and on Thursday degrees will be conferred.

Today's Beauty Recipes

By Mrs. C. Miller

"A woman feels like crying when she finds her comb full of hair. Falling hair, and faded, dull, and brittle hair means that the scalp is harboring a parasite. Mother's Shampoo removes these parasites and puts the scalp in clean, wholesome, and healthy condition, so that the hair will grow luxuriantly."

"Eyes may sparkle like diamonds, or be the color of pearls, but if the eyelashes and brows are thin and straggly, their appearance will not be pleasing. Mother's Shampoo removes the roots of the brows and lashes, and causes them to grow long, even, thick, and darker in color."

"Dandruff is so popular as a superficial hair remover because its use does not scratch or roughen the skin, but it removes hair on the face or forehead cover the surface for a minute or two with a little paste made by dissolving dandruff and water. When the paste is removed the hairs will be gone."

"Headaches, pains in neck and joints, rheumatism, sore muscles, and other aches yield to Mother's Salve, which penetrates the pores and relieves almost instantly."

"Every woman is responsible for her complexion, and a good complexion is a woman's greatest charm. To correct facial blemishes, remove muddy spots, and make the skin fresh, fair, and lovely, kindly massage the face, neck, and arms each morning with a lotion made by dissolving an original package of Mother's Skin in a half pint of water."

MAKERS OF MEDICINE  
HERE FOR CONVENTIONMany Manufacturers in Capital for  
Meeting that Starts Today  
for Three Days.

Careful review of the progress of the Proprietary Association of America will be the feature of the annual annual of Frank J. Cheney, of Toledo, Ohio, president of the organization, to be delivered before the opening meeting of the thirty-first annual convention of the association today.

Mr. Cheney was one of the foremost spirits of the association. In 1906, in working for the passage of the pure food and drug act, and in his address to the delegates today he will show that largely through the efforts of the association similar laws have been placed upon the statute books of the majority of the States of the Union.

Undoubtedly one of the most interesting phases of Mr. Cheney's talk will be contained in his references to what he will characterize as "the losing fight against proprietaries," which has been and is being waged by the medical politicians within the American Medical Association.

Another feature of the convention will occur at the closing session Thursday afternoon, when the association will be addressed by John S. Walsh, commissioner of weights and measures of New York City. Mr. Walsh will discuss the operation of the weights and measures laws in New York, with particular reference to the products of the manufacturers of proprietary medicines.

The association will hold a banquet Wednesday evening, at which the speakers will be John C. Wallace, of New Castle, Pa., president of the Allied Drug Trade Conference; Albert Plant, of New York, president of the National Wholesale Druggists' Association; Harry W. Merritt, president of the National Association of Retail Druggists; Brent Good, one of the organizers of the Proprietary Association; Jesse R. Hopkins, of New York, and David Watson, of Montreal, Canada, president of the Proprietary Association.

Delegates to the convention will include members of the association from all parts of the United States, and there also will be present representatives of the wholesale and retail drug trades from the United States, Canada, and Cuba.

Representative Francis Burton Harrison, of New York, author of the recently introduced anti-narcotic bill, will address the convention Tuesday afternoon.